



THE LEADER

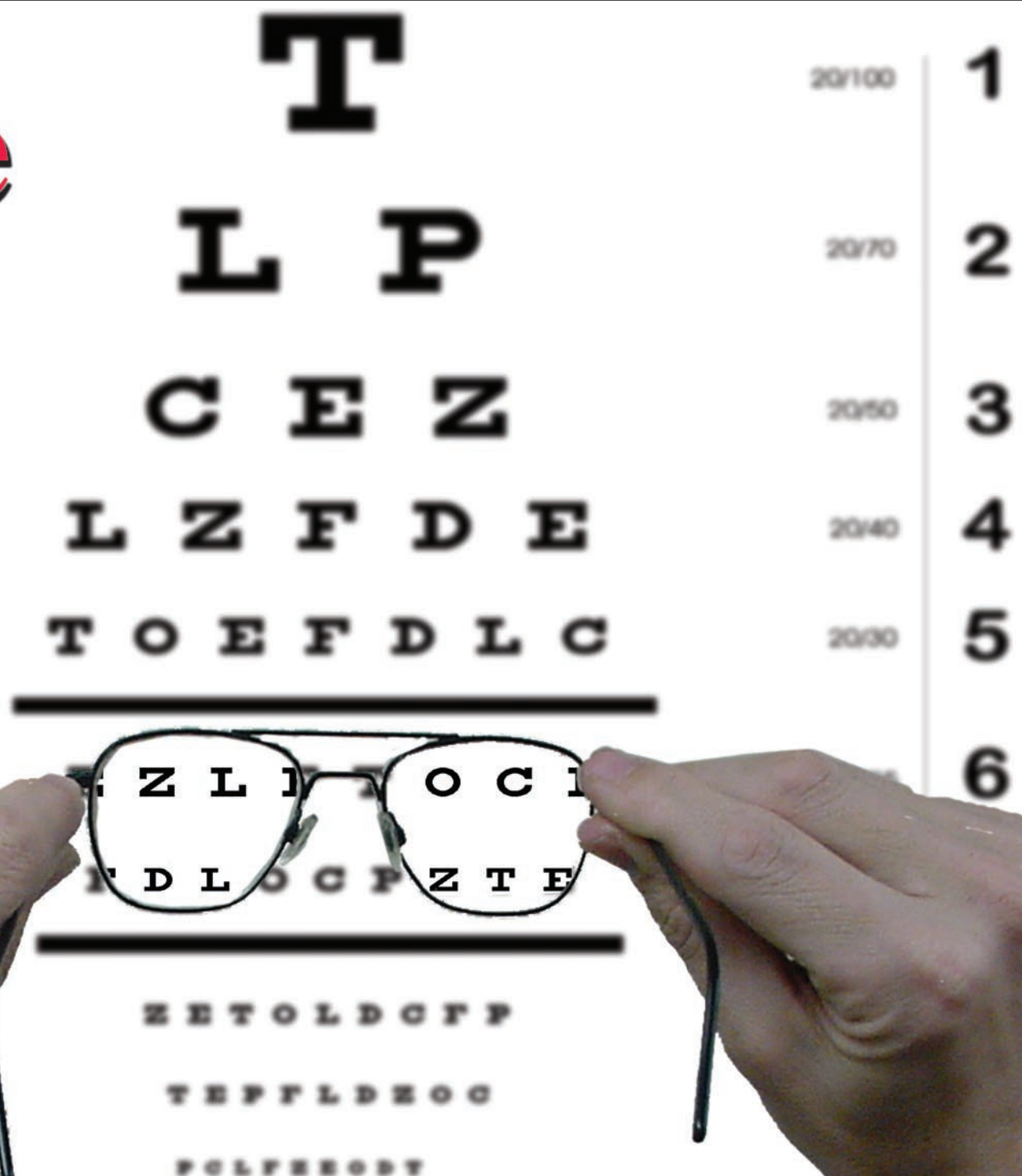
Vol. 38, No. 3

Grand Forks Air Force Base, N.D. ♦ www.grandforks.af.mil

Jan. 24, 2003

Maybe
it's
time?

See Pages 9, 10, 11 and 12
for more on keeping your
eyes healthy, safe



319th Air Refueling Wing ♦ Winners of the Air Force Outstanding Unit Award (July 2000 to June 2002)

Inside:

Weekend weather

Today 11/-5 mostly cloudy
Saturday 7/-7 flurries
Sunday 11/-3 mostly cloudy
Monday 19/4 mostly cloudy



Weather information courtesy
319th Operations Support Squadron weather flight



Wing wins AFOUA

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Photo
contest
winners
announced

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Lead jet
gets
facelift

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AMC leaders reemphasize need for OPSEC, COMSEC

By Cynthia Bauer
Air Mobility Command Public Affairs

SCOTT AIR FORCE BASE, Ill. (AMCNS) – Mission-critical. That's what senior leaders at Air Mobility Command call the proper protection of classified and mission sensitive information. The protection of such information is vital to national defense as the United States moves forward in the second year of the Global War on Terrorism.

Gen. John W. Handy, commander of U.S. Transportation Command and AMC, recently sent a memorandum to all AMC commanders calling on them to reemphasize operations and communications security with their personnel.

In his memo, Handy said, "Practicing good OPSEC and COMSEC is absolutely critical to ensure the success of our operations. Without it we jeopardize our missions and put people's lives at risk."

Handy echoes the deep concerns of the Secretary of Defense as well as the Secretary and Chief of Staff of the Air Force about the disclosure of classified information, an act Secretary of Defense Donald Rumsfeld called "outrageously irresponsible."

He reminded commanders that in addition to classified and sensitive information, unclassified mission critical information must also be protected, because seemingly innocent items could provide useful informa-

tion to adversaries. He also cautioned that the release of information to the public must be approved through public affairs channels.

The general has also requested AMC commanders convey this message to each member in their commands and ensure every individual is aware of all classification guides that apply to their mission area.

AMC Director of Operations Maj. Gen. Roger A. Brady said OPSEC must become second nature. "Every organization should review guidelines for visual, logistics, communications or training indicators for current operations," he said.

The immediate security concerns are Web page content, e-mail and telephone/radio patches. Brady pointed out that some of these transmissions are being immediately transcribed onto open Web sites and chat sessions for other chat room participants. Another example is the unauthorized posting of photographs and sensitive information to public or individual Web pages without approval of the theater commander or public affairs office. Such postings provide a one-stop shop for open source intelligence collection.

"All information released to the public or posted on public Web sites must meet Department of Defense



and Air Force guidelines. Marking our critical information a minimum of 'for official use only' and protecting this information during all planning phases provides the OPSEC measures required until this information can be shredded," said Brady.

AMC OPSEC program manager Glynn Atchley said security goes beyond the Internet, that adversaries use multiple sources of information to piece together targeting information.

"OPSEC should not be seen as strictly a communications-specific discipline," said Atchley. "Our enemies use many methods to gather information, from digging through our trash to standing outside the fence line with binoculars or a telephoto lens."

Atchley said the rules for protecting critical information are common sense. "The most important things to remember are to make sure sensitive or classified information is provided only to individuals with the appropriate security clearance who have a 'need-to-know,' that secure communications means are used to transmit sensitive or classified information, and care is taken to follow appropriate OPSEC/COMSEC practices to avoid inadvertent disclosure," he said.

Separated at birth, reunited in service

By Airman Joe Lacdan
509th Bomb Wing
Public Affairs

WHITEMAN AIR FORCE BASE, Mo. (AFPN) – Michael McCutcheon never knew his older brother who was put up for adoption. The 28-year-old senior airman assigned to the 509th Maintenance Squadron here made efforts to find his older sibling, but each year his interest began to fade.

Then recently, as McCutcheon sat with family members at his parents' house in Odessa, Texas, the phone rang.

His father answered. In tears, he handed the phone to McCutcheon.

"Hey brother," said the voice on the phone.

The voice was that of his brother, Jonathan Webb, who was alive and well, living in Utah. To McCutcheon's surprise, his brother also serves in the Air Force and is a first lieutenant stationed at Hill Air Force Base.

"I got a chill up my spine, and I was all excited," McCutcheon said. "I had so many mixed emotions and so many questions because he's my brother and he's full blood."

Growing up in the bustling west Texas town of Lubbock, McCutcheon grew up with dreams of someday finding lost artifacts and civilizations. He set the example for his younger siblings as the oldest remaining son of James and Loretta McCutcheon. But as he approached his teenage years, questions about his older brother loomed.

"My parents spoke little about Jonathan, but never kept it a secret," McCutcheon said. "They didn't know too much about him after he was gone."

His need to find his lost older brother peaked when McCutcheon turned 18. He tried checking the Internet, calling search organizations, and went to the hospital in Amarillo, Texas, where his brother was born.

Years passed, and McCutcheon married in the summer of 1994. He enlisted in the Air Force in October 1997 and received a job as an aircraft metals technologist.

Meanwhile, Webb was raised in western Colorado and enjoyed computer games and radio-controlled race cars. Webb's adoptive parents did not hide the truth about his adoption.

"I certainly never had any resentment (toward my birth parents), because I enjoyed a life filled with great opportunities," he said.

The chance to become an Air Force officer was one of those opportunities. Webb said his adoptive father served in the Army and strongly encouraged Jonathan to become an Air Force officer. Webb received his commission at the University of Oklahoma in 2000.

He began searching for his biological parents at 18, the legal age to begin a search. Initially he said he searched out of curiosity, then in the summer of 1997 he married Oklahoma-native Sarah Barrington. The birth of the couple's first child, Brittany, changed his outlook and desire to find his birth parents.



Action Line 747-4522

The Action Line is your avenue for information about events and activities on and around the base.

For questions about current events or rumors, please leave a message.

20

DWI-free days.

The base gets a down day for 100 DWI-free days.



Col. Keye Sabol
319th Air Refueling
Wing commander

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Contact information

E-mail: leader@grandforks.af.mil, **Phone:** 701.747.5023

Public Affairs

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Advertisements

Call the Grand Forks Herald at 701.780.1275 before noon Tuesday.

Wing earns Air Force Outstanding Unit Award

Compiled from staff reports

The 319th Air Refueling Wing, has been awarded the Air Force Outstanding Unit Award for 2002.

“This is truly an outstanding accomplishment for the wing,” said Col. Scott Phillips, 319th ARW vice commander. “We’ve worked hard to earn this award and it shows the dedication the Warriors of the North have to the mission and to each other.”

The 319th ARW distinguished itself by exceptionally meritorious service from July 1, 2000 to June 30, 2002. During this period, the 48 KC-135 aircraft and more than 3,000 personnel of the 319th ARW played a pivotal role in national and foreign policy by providing air refueling and airlift support worldwide.

The wing generated aircraft and personnel to support more than 51 worldwide deployments, sending more than 2,700 people to the far reaches of the globe supporting over 19 operations worldwide.

According to the nomination, the wing

was a part of “all major contingencies supported on all continents.” The wing flew 6,723 sorties, totaling 36,132 flight hours with “an amazing average 95.8 percent worldwide departure reliability, off-loading more than 22 million pounds of fuel to more than 12,974 multinational receivers.”

When terrorists struck Sept. 11, 2001, wing aircraft were the first in the command to fly an air refueling sortie stemming from the tragedy as well as first to deploy to Operation Enduring Freedom. During the award period, the 319th Air Refueling Wing flew more than 36,000 hours.

During the award period, the wing also received an unprecedented five Department of Defense-level awards, 14 Air Force-level awards and 84 Air Mobility Command-level awards, the nomination states. Additionally, through creative initiatives and unsurpassed dedication, Team Grand Forks implemented lasting programs and made significant contributions to the community and the 319th Air



Refueling Wing family. These programs set the benchmark for the Air Mobility Command and the Air Force.

Capt. Frank Virgadamo, 319th Mission Support Squadron military personnel flight chief, put together the award package.

“In the package, I used less than one-third of the information that was submitted by the group representatives for the award,” Virgadamo said. “That fact alone shows just how much impressive work this wing did over the award time period.”

With the wing winning this award, military personnel stationed at the base from July 1, 2000, to June 30, 2002, are eligible to wear the AFOUA ribbon. For details, call the military personnel flight’s awards and decorations section at 747-5214.

Official award presentation dates have yet to be set.

Air Force Outstanding Unit Award history, criteria

The Air Force Outstanding Unit Award was authorized by Department of the Air Force General Order 1, Jan. 6, 1954. It is awarded by the Secretary of the Air Force to numbered units which have distinguished themselves by exceptionally meritorious service or outstanding achievement that clearly sets the unit above and apart from similar units.

The services include; performance of exceptionally meritorious service, accomplishment of a specific outstanding achievement of national or international significance, combat operations against an armed enemy of the United States, or military operations involving conflict with or exposure to hostile actions by an opposing foreign force.

A bronze “V” device is worn on the ribbon to denote award for combat or direct combat support actions.

Base members win big in AMC photography contest

Base members took five first place and four second place finishes in adult and youth categories in the 2002 Air Mobility Command Photography Contest Jan. 13 at Pope Air Force Base, N.C.

Overall, Grand Forks AFB had a second place finish among the five bases competing, including Dover AFB, Del., McChord AFB, Wash., Pope AFB, and Travis AFB, Calif.

"This was a great showing by our base," said Elaine Robbins, skills development center director and base coordinator for the contest. "We have a lot of talented people who have showed the rest of the command their abilities. I'm certainly proud to have been a part of this effort."

This is the second straight year the base had done well in the AMC contest. In 2001, the Warriors of the North garnered seven first and six second place finishes.

All of the AMC winning entries will compete in the 2002 Air Force Photography Contest held at the Air Force Services Agency in San Antonio, Texas.

Following are the base winners and their placings.

Adult monochrome print

► **Scenic/nature** – First place, **Brad Painter**, 319th Civil Engineer Squadron, "Fallen Tree"

► **Creative effects** – Second place, **Jim W. Bridges**, 319th Services Squadron, "Create a Photo Night"

Adult color print

► **Creative effects** – First place, **Chaplain (Lt. Col.) Gary Brooks**, 319th Air Refueling Wing, "On the Wing of the Morning"

Adult color transparencies

► **Scenic nature** – Second place, **Jim W. Bridges**, 319th SVS, "The Hungry Three"

Adult digital prints

► **Military life** – Staff Sgt. **Scott T. Sturkol**, 319th Air Refueling Wing, "September 11 – One Year Later"

► **Scenic/nature** – First place, **Brad S. Painter**, 319th CES, "To Bee or Not to Bee"

► **Creative effects** – Second place, **Staff Sgt. Scott T. Sturkol**, 319th ARW, "Memory of a Time Past"

► **Computer imaging enhancements** – Second place, **Krista Lee Duston**, base family member, "Their True Nature"

Youth digital prints

► **People** – First place, **Ivy M. Sturkol**, base family member, "My Mom and Dad"

Source: Skills development center



"Fallen Tree"

Photo by Brad S. Painter



"Their True Nature"

Photo by Krista Lee Duston



"To Bee or Not to Bee"

Photo by Brad S. Painter



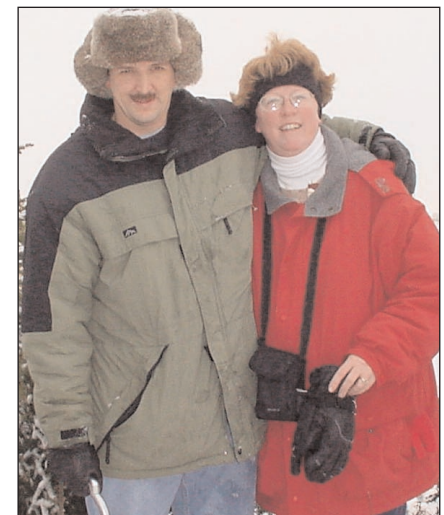
"Memory of a Time Past"

Photo by Staff Sgt. Scott T. Sturkol



"September 11 - One Year Later"

Photo by Staff Sgt. Scott T. Sturkol



"My Mom and Dad"

Photo by Ivy Sturkol



"Create a Photo Night"

Photo by Jim Bridges



"On the Wings of the Morning"

Photo by Chaplain (Lt. Col.) Gary Brooks



"The Hungry Three"

Photo by Jim Bridges

Airmen can file taxes online for free

ST. LOUIS (AFPN) -- The Treasury Department, Office of Management and Budget and the Internal Revenue Service in Washington launched a new Web site Jan. 17 featuring private-sector partners who will allow eligible taxpayers to prepare and file their taxes online for free. A substantial number of citizens will be able to use this service.

According to information found on the IRS Web site, Free File is an easier, faster and secure way for citizens to file taxes and will also allow Americans to get refunds in half the time, said officials.

“No one likes paying taxes,” said Kenneth W. Dam, acting treasury secretary. “It’s too confusing and time consuming. The launch of this new Web site is great news for millions of Americans. Free File makes it easy. Now they can save time, money and get their refunds in half the time by filing their taxes online for free.”

Each FFA member company sets taxpayer eligibility requirements for its own program. These requirements will differ from company to company. Generally, eligibility will be based on factors such as age, adjusted gross income, state residency, military status or eligibility to file a Form 1040EZ or for the Earned Income Tax Credit. Taxpayers can review the list of companies, found on the Free File section of the IRS Web site, where eligibility requirements are shown company by company.

The primary candidates for Free File are those taxpayers who prepare their own taxes and still file paper returns.

A Free File initiative fact sheet, which includes list of the FFA members and frequently asked questions, can be found on the IRS Web site.

Wing’s lead jet gets facelift

By Staff Sgt. Randy Roughton
Public affairs

For a month and a half, the KC-135 with the “Let’s Roll” nose art was missing from the flightline. When it returned in mid-December, the 319th Maintenance Squadron refurbishment and structural maintenance shops restored the lead wing jet back to its customary immaculate condition.

“Being the wing jet, aircraft 324 had some special refurbishing configurations,” said Master Sgt. Jimmy Stevens, refurbishment section chief. “What we try to do is restore the interior of the aircraft to like new condition.

“We do a lot of extra work on this aircraft since it represents the wing and carries visiting dignitaries. We want it to have a really professional appearance so we’re particular about every little detail.”

The lead wing jet’s refurbishment involved complete repainting of the flight deck, boomers compartment, major touch-up of the cargo compartment, polishing all the bare metal surfaces, and weather partition door, a unique feature on this aircraft. Since this aircraft is completely carpeted this was removed steam cleaned and replaced.

“The structural maintenance shop is a huge player in how the plane looks when everything gets done. They do the bulk of the painting “anything that we can remove from the airframe is sent to them.” They also provide an individual who does the painting on the jet itself.”

Stevens and five refurbishing technicians – Staff Sgts. John Stehno and Rebecca Moore, Senior Airmen Donald Bruton, Donald Jackson and David Thorstad; Airmen 1st Class Derrick Caulkins from the accessories flight,



Photo by Staff Sgt. Scott Sturkol

After being missing in action for a month and a half, the 319th Air Refueling Wing’s lead aircraft returned to duty last month, restored to its customary, immaculate condition.

Airmen First Class Stephen Walton structural maintenance shop, and four 319th Aircraft Maintenance Squadron members – Staff Sgt. Sean Stephens and Airmen 1st Class Nathan Edgerton, Wesley Hughston and Nathan Desvignes – worked on the lead wing jet job.

They spent the first two and a half weeks tearing down the jet and prepping it. The next five days were spent painting and the final two weeks was putting the airplane back together.

The results were obvious the next time wing commander Col. Keye Sabol flew on the jet.

“When you walk on this plane, you immediately know it’s been refurbished,” Stevens said.

Safety Day set for Tuesday

Compiled from staff reports

The 319th Air Refueling Wing Safety Day takes place Tuesday for all wing personnel. The day's events include two wing commander's calls along with unit-specific safety initiatives. The wing commander's calls are mandatory formations for all wing personnel.

Following is the general schedule for the commander's calls and safety awareness activities.

- ▶ **7 to 8 a.m.** – Wing commander's call in Hangar 523.
- ▶ **8 to 8:15 a.m.** – Winter safety briefing by Lt. Col. Sean Carey, wing safety office, in Hangar 523.
- ▶ **8:15 to 8:30 a.m.** – Frostbite and cold weather dress briefing in Hangar 523.
- ▶ **8:30 to 8:45 a.m.** – Consequences of drinking and driving briefing by Capt. Theodore Richard, wing legal office, in Hangar 523.
- ▶ **8:45 to 9 a.m.** – "Understanding fatigue" briefing by Capt. Matt Albright, 319th Aeromedical Dental Squadron, in Hangar 523.

▶ **9:30 to 10:30 a.m.** – Wing standup briefing (for commanders only).

▶ **10:30 a.m. to noon** – Squadron specific safety training.

▶ **1 to 2:30 p.m.** – Group specific safety training.

▶ **3 to 4 p.m.** – Wing commander's call in Hangar 523.

▶ **4 to 4:15 p.m.** – Winter safety briefing by Lt. Col. Sean Carey, wing safety office, in Hangar 523.

▶ **4:15 to 4:30 p.m.** – Frostbite and cold weather dress briefing in Hangar 523.

▶ **4:30 to 4:45 p.m.** – Consequences of drinking and driving briefing by Capt. Theodore Richard, wing legal office, in Hangar 523.

▶ **4:45 to 5 p.m.** – "Understanding fatigue" briefing by Capt. Matt Albright, 319th Aeromedical Dental Squadron, in Hangar 523.

For more details on Wing Safety Day, contact your unit safety representative or the wing safety office at 747-3361.

Briefs

TSP contribution limits

The Internal Revenue Code limits dollar amounts that may be contributed on a tax-deferred basis through retirement savings plans (this limit is called the elective deferral limit). For 2002, this limit was \$11,000.

The Thrift Savings Plan cannot accept contributions that exceed the elective deferral limit. Members who contribute to a federal civil service TSP account (or other qualified plan like a 401k, etc.) as well as a military account are subject to the 2002 elective deferral limit. Additional information can be obtained from the TSP Service Center at: TSP Service Office, National Finance Center, Post Office Box 61500, New Orleans, LA, 70161-1500.

Their telephone number is 1-504-255-6000 and their fax is 1-504-255-5199.

Volunteer Excellence Award

Do you know someone who deserves recognition for all their hard work as a volunteer? Is that person a federal civilian, family member, or a military or federal retiree? Then why not nominate them for the Volunteer Excellence Award?

Applications can be found on the Intranet page under "What's Hot" or at the family support center.

Guidance for writing the award is under Air Force Instruction 36-3009, Attachment 5. It is easy and does not have to be in a special format. Just remember to use no more than one page (not counting the cover page) and no smaller than an 11-point-

font. Call Peggy Walker at the FSC at 747-3241 for details.

Clinic closure

Beginning on the first Wednesday in February (Feb. 5), the 319th Medical Group will open at 8:30 a.m. on each and every Wednesday.

The change of operating hours is necessary to support the clinic's fitness program. The TRICARE appointing system will be available at 7:30 a.m. to schedule appointments.

Call Master Sgt. Ron Rausch at 747-5331 for details.

AMC award winners

Air mobility Command recently released the winners for the 2002 comptroller awards and the 319th Comptroller Squadron garnered three:

2002 AMC Financial Services Office of the Year

319th CPTS

2002 AMC Financial Management NCO of the Year

Staff Sgt. Michelle Colburn, 319th CPTS

2002 AMC Financial Services Civilian of the Year (GS10 and below)

Kathy Macchio, 319th CPTS

OPSEC awareness

Do not discuss any specific information on deployments to include: dates, routes, location and mission outside of the work.

News



Photo by Staff Sgt. Scott Sturkol

A fine mess

A grader makes a path through four inches of ice on Steen Boulevard Jan. 17. The street was flooded due to a water pump malfunction. A similar flood occurred on J Street, near the youth center. 319th Civil Engineer Squadron had the problem fixed and the roads cleared in a few hours.

Jeepers creepers!

Where'd ya get those peepers?

By Bob Van Elsberg

Air Force "Road & Rec" magazine
Managing editor

"Just keep your eye on the red light," the surgeon said as I pressed my face forward into a brace designed to hold my head steady. He had given me a local anesthetic, something to make it easier on me as he removed some tiny steel shavings from the cornea of my left eye.

Something moved toward my face. I only saw it briefly because of the glare of a bright light the surgeon was shining into my eye. The "thing" looked like an X-Acto knife with a 90-degree turn in the blade — and it was coming toward my eye!

"Oh no — you're not going to stick THAT into my eye!" I thought as I tried to hold myself steady.

I tried to think about anything else that I could get my mind off what was happening. Mercifully, I only felt a little pressure, then it was over quickly — or was it? The doctor pulled the knife away, and then looked into my eye again. After a moment he said, "There is something deeper inside and I'm going to have to get it out."

He walked away for a moment as I sat there, wondering what was going to happen next. I didn't have long to wait. He returned a few moments later carrying a small drill with what looked like a pointed grinding bit. He said, "You may feel this some," then I heard the high-pitched whine of the drill's electric motor.

The feeling in my eye was like having a tooth drilled when the Novocain hadn't quite deadened all the nerves. It was more a dull ache than a sharp sting. All of my life I had been very careful about my eyes. I hated anything getting near them. Now there was a spinning drill bit grinding against my left cornea. I didn't have a choice if I wanted to save my vision, but I

hated the experience.

Finally, it was over. The doctor checked my eye with a bright light and told me everything was clear. I heaved a sigh of relief. Enough was enough.

I left the Long Beach Naval Hospital the next afternoon. I now had a black eye patch held in place by a narrow elastic band that went around my head. It nicely compli-

mented my 1970s-vintage "cracker-jack"-style Coast Guard uniform and the beard I'd grown. All I needed now was a peg leg and a parrot and I could be a regular pirate.

I was fortunate because the surgeon did his job well and I never had any problems with my vision after I recovered. However, as I look at eye injuries in the Air Force, I see that the injury I had — getting metal shavings in the eye — is all too common. In addition, maintainers sometimes get chemical

burns when they get aircraft-washing soap into their eyes. Even worse, last year a maintainer at Dyess AFB, Texas, stuck a screwdriver into his eye while trying to pry off an aircraft panel.

It's not just the on-duty environment that leads to eye injuries. Softballs aren't so "soft" when they hit you in the eye. A poorly anchored bungee cord can — and has — let go, sending the unhooked end flying into a person's face. A few years back a driver reached for what she thought was eye drops as she went down the road. What she got instead, was superglue. You can imagine the results.

Since you only get one pair of peepers, you might want to "eyeball" the following suggestions for protecting them.

► **Wear chemical safety goggles** when handling household cleaning products that can splash into your face and eyes.

► **Wear safety glasses or goggles** when using power tools, lawn movers and

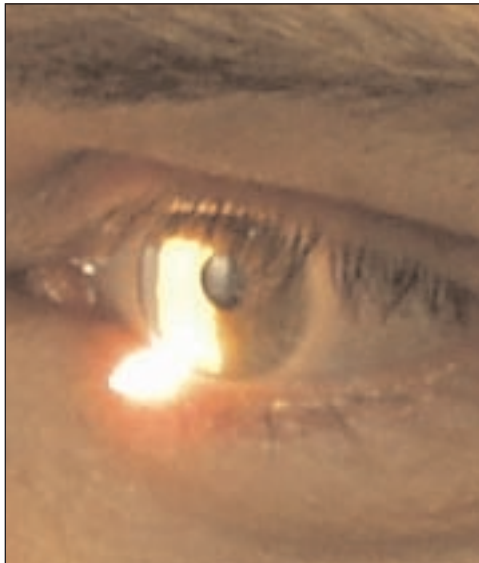


Photo by Senior Airman Monte Volk

Protecting your eyes is crucial for members of the Air Force. As the author states, "You only get one pair of peepers."



The Air Force's Frame of Choice program gives airmen a choice of several attractive frames like the ones Staff Sgt. Julie Tait, fits a patient with.

Eyes: Windows to outside world

An in-depth eye examination should be done at least every other year. Capt. Becker inspects 2nd Lt. Norton's retina.

Photos by Senior Airman Monte Volk



Routine checkups can reveal problems other than deteriorating vision, Capt. Corey Becker, optometrist, uses a slit lamp to get a magnified view of 2nd Lt. Ray Norton, 319th Aircraft Maintenance Squadron, eyes.

By Staff Sgt. Randy Roughton
Public Affairs

Just about everyone remembers the choice of eyeglasses offered in basic military training – the black, wide-framed pair that dramatically decreased their chances of a date. They weren't called "birth control glasses" for nothing.

So many people elected to wear no glasses at all, but that changed when the Air Force's Frame of Choice program actually gave airmen a choice of several attractive frames. A Website, displays about 10 different styles, although the optometry clinic is authorized to issue only one pair per year, even if the glasses get broken or become lost, said optometrist Capt. Corey Becker.

People learn most of what they know about their world through their eyes, so even active-duty members who don't need glasses or contact lenses should have their eye examinations at least every other year, Becker said. Examinations can reveal problems other than deteriorating vision like glau-

coma, macular degeneration, diabetes, high blood pressure and high cholesterol.

"I can see signs that show up before the patient notices any problems at all," Becker said. "They won't notice any vision changes, and there's no pain associated with these conditions. By the time they actually notice symptoms of these eye diseases, they could have already lost some of their vision function."

Eye examinations include comprehensive vision evaluations, glaucoma screenings, color vision and depth perception testing, driver's license vision screenings and red eye evaluations. The 319th Medical Group optometry clinic staff encourages eye exams at least every other year, even for people who don't need corrective lenses, and annually for children who wear glasses, Becker said.

The increased operations tempo in the post 9-11 era makes scheduling optometry appointments ahead of time even more crucial. About 8,000 people, including family members and retirees, are eligible for base optometry service. But the clinic, staffed by Becker, NCOIC Staff

Sgt. Julie Tait and technician Airman 1st Class Felicia Holzem, has to place higher priority on aircrew members and those getting ready to deploy. Patients generally wait two or three weeks for appointments. Eyeglasses and gas mask insert orders can take up to a month.

"It's hard to guarantee same-day service because a lot of people have been added to mobility status," Becker said. "That means there are many more gas mask insert request orders that we didn't have before."

Contact lens wearers, which comprise about 30 percent of the clinic's customers, should bring not only their prescription, but also their lenses and the boxes or vials they came in, Tait said. The optometry clinic cannot write initial prescriptions for non-contact lens wearers, but they can renew the contact lens prescription for established wearers. While many people prefer contact lenses to glasses, they can present their own problems, especially in a deployed environment. Becker recommends taking extra cleaning and disinfecting solution, eye drops, because of the extremely dry environment, and glasses.



Airman 1st Class Felicia Holzem does a glaucoma screening on Melissa Ruth.

Holy Grail discovered

By Staff Sgt. Randy Roughton
Public Affairs

In recent years, Air Force members who depend on glasses or contact lenses have looked at photorefractive keratectomy, also known as PRK, as almost a Holy Grail.

The Air Force Warfighter Photorefractive Keratectomy Program offers PRK surgery to all Air Force servicemembers who qualify – which often eliminates the need for glasses or contact lenses.

"There are so many people in the Air Force who are interested in refractive surgery," said Capt. Corey Becker, 319th Medical Group Optometry Clinic chief.

The optometry clinic is the entry point into the program for 319th Air Refueling Wing members, but base members with PRK questions should see a Website with basic information about the program before calling with questions. To access the site, go to the base Intranet site, hit the 319th Medical Group link and click on Optometry. Aircrew members and other special duty personnel or anyone who has ever been on flight status, should see the Aviation/Special Duty Personnel PRK Program Website:

Eighty percent of PRK patients can expect 20/20 or better vision without glasses. More than 99 percent can expect 20/40 vision, the level required to drive without glasses.

"Nearly 100 percent of our patients do not need glasses to see after this procedure," said Lt. Col. Robert E. Smith, chief of cornea and refractive surgery at Wilford Hall Medical Center. Smith is also the Air Force surgeon general's refractive surgery consultant.

The surgery is performed at Wilford Hall, Wright-Patterson AFB, Ohio and the Air Force Academy. Air Force doctors have performed the procedure on more than 4,000 servicemembers who qualified. The degree of vision correction needed, age, and other pre-existing problems can disqualify many people interested in the surgery.

Patients must be at least 18 years of age before treatment, and have at least one year of retainability left after treatment.

Because the surgery will prevent a member from going on mobility for four months, they need their squadron commanders' approval before being considered for the program.

PRK is one of three refractive surgery procedures performed by civilian doctors. The others are radial kerotomy, and Laser in-situ Keratomileusis (LASIK).

PRK is similar to LASIK in that the excimer laser is used to reshape the cornea to correct for nearsightedness, farsightedness and astigmatism. But with PRK, the laser is applied directly to the surface of the cornea, without the creation of a tissue flap. While LASIK and PRK demonstrate good results, the main difference is discomfort and recovery time following surgery. PRK patients experience somewhat more initial irritation and require a slightly longer recovery period.

"At this point, the Air Force feels the long-term vision results are statistically the same," Becker said. "But the long-term healing process with PRK is a little better."

PEEPERS, from Page 9

weed eaters, fertilizers and pesticides.

- ▶ **Wear eye protection when jump-starting your car** (batteries can explode).

- ▶ **For maximum eyewear protection, look for the ANSI Z87 logo.** Polycarbonate lenses are more impact resistant than other lenses.

- ▶ **Goggles that fit over glasses are available** in most hardware, department and hobby stores.

- ▶ **Wear sunglasses that are designed to block** between 99 and 100 percent of the sun's harmful UVA and UVB rays.

- ▶ **The best colors for sunglass lenses are** grays, green or brown. Other colors may distort color perception.

- ▶ **In bright sunlight, wear a wide-brimmed hat.** It will block about 50 percent of the ultraviolet radiation that might enter the eye around sunglasses.

For the sports-minded

- ▶ **Wear polycarbonate sports eye-guards** for basketball and racquetball.

- ▶ **Be sure the lenses** in your sports eyeguards stay in place.

- ▶ **Wear goggles when swimming.**

- ▶ **Consider paying extra for glasses** with polycarbonate lenses.

For more information on eye protection, contact Prevent Blindness America at 1-800-331-2020.

Tips for buying sports eye protectors

Prevent Blindness America recommends athletes wear sports eyeguards when participating in sporting activities.

Prescription glasses, sunglasses and even occupational safety glasses do not provide adequate protection. Sports eyeguards come in a variety of shapes and sizes. Eyeguards designed for use in racquet sports are now commonly used for basketball and soccer, and in combination with helmets in football, hockey and baseball.

The eyeguards you choose should fit securely and comfortably and allow the use of a helmet if necessary. Expect to spend between \$20 and \$40 for a pair of regular eyeguards and \$60 or more for eyeguards with prescription lenses. The following guidelines can help you find a pair of eyeguards that is right for you.

- ▶ **If you wear prescription lenses, ask your eye doctor** to fit you for prescription eyeguards. If you're a monocular athlete (a person with only one eye that sees well), ask your doctor what sports you can safely participate in. Monocular athletes should ALWAYS wear eyeguards.

- ▶ **Buy eyeguards at sports specialty stores** or optical stores. Ask for a sales representative who is familiar with eyeguards



Graphic courtesy Road & Rec magazine

to help you.

- ▶ **Don't buy sports eyeguards without lenses.** Only "lensed" protectors are recommended for sports use. Make sure the lenses either stay in place or

pop outward in the event of an accident. Lenses that pop inward against your eyes can be very dangerous.

- ▶ **Fogging of the lenses can be a problem** if you're active. Some eyeguards are available with an anti-fog coating. Others have side vents for additional ventilation. Try on different types to determine which is the most comfortable for you.

- ▶ **Check the packaging to see if the eye protector** you select has been tested for sports use. Also, check to see that the eye protector is made of polycarbonate material. Polycarbonate eyeguards are the most impact resistant.

- ▶ **Sports eyeguards should be padded or cushioned** along the brow and bridge of the nose. Padding will prevent the eyeguard from cutting your skin.

- ▶ **Try on the eye protector to determine** if it is the right size. Adjust the strap and make sure that it's not too tight or too

loose. If you purchased your eyeguards at an optical store, an optical representative can help you adjust the eye protector for a comfortable fit.

First aid for eye injuries

Specks in the eye

- ▶ **DO lift the upper eyelid** outward and down over the lower lid.

- ▶ **DO let tears wash** out the speck or particle or use an eye wash.

- ▶ **DO - if the speck doesn't wash out - keep the eye closed.** Bandage the eye lightly and see a doctor.

- ▶ **DO NOT rub** the eye.

Blows to the eye

- ▶ **DO gently apply cold compresses** without pressure immediately to reduce pain and swelling.

- ▶ **DO seek emergency medical care in cases of pain,** reduced vision or discoloration (black eye), which could indicate internal damage to the eye.

Cuts, punctures to eyes or eyelids

- ▶ **DO bandage lightly** without pressure and see a doctor at once.

- ▶ **DO NOT wash out eye** with water.

- ▶ **DO NOT try to remove** an object stuck in the eye.

This article was reprinted from the Air Force Safety Winter 2003 edition of the Road and Rec magazine.

Base theater

Today, 7 p.m.

The Hot Chick (PG-13)

A popular, unpleasant high-school prima donna (Rachel McAdams) wakes up to find that she's become ... a 30-year-old man (Rob Schneider). Eww! As she tries to figure out why this happened and how the heck she can return to being a teenage girl, she looks back and realizes how superficial and snotty she's been.

Saturday, 3 p.m.

Solaris (PG-13)

This remake of the 1972 adaptation (by Russian director Andrei Tarkovsky) of Stanislaw Lem's novel is about psychologist Dr. Kris Kelvin (George Clooney), who is sent to investigate a space station reportedly experiencing strange phenomena. The commander has committed suicide and the two remaining survivors are haunted by visions of their past, possibly created by the planet Solaris itself. Kelvin's dead wife (Natascha McElhone) reappears, and he has to decide if it's really her.

Saturday, 7 p.m.

Adam Sandler's Eight Crazy Nights (PG-13)

Davey Stone, a 33-year-old party animal, finds himself in trouble with the law after his wild ways go too far. In keeping with the holiday spirit, the judge gives Davey one last chance at redemption — he has to spend the holiday performing community service as the assistant referee for the youth basketball league or go to jail. Davey thinks he's gotten off easy until he meets Whitey Duvall, the eccentric, elf-like head referee. Adam Sandler voices the three lead characters.

Jan. 31, 7 p.m.

Star Trek Nemesis (PG-13)

Feb. 1, 3 p.m.

Drumline (PG-13)

Tickets:

\$1.50 children, \$3 adults

Jan. 25, 7 p.m.

Empire Sheila (R)

For details,

call 747-3021/6123.

Base chapel

CATHOLIC:

Mass: 5 p.m. Saturday, 9 a.m. Sunday.

Daily Mass: Tuesday - Friday 11:30 a.m.

Sunflower Chapel

CCD: 10:45 a.m. Sunday, Twining Elementary

School, RCIA plus Confirmation

Reconciliation: 4 p.m. Saturday, 8:30 a.m.

Sunday, or by appointment, Sunflower Chapel

PROTESTANT:

Traditional worship: 10:30 a.m. Sunday,

Sunflower Chapel.

Liturgical worship: 10:30 a.m. Sunday, Prairie

Rose Chapel.

Contemporary worship: 6 p.m. Sunday,

Prairie Rose Chapel

Young Adults: 6 p.m. Friday, Chaplain Swain's

home 747-4359

Youth: 5 p.m. Sunday, meet at bowling center

Religious Education: 9 a.m. Sunday, Eielson

Elementary School.

Men of the Chapel: noon Monday, Prairie Rose

conference room

JEWISH:

For details call Sheila Farquharson at 594-3960

or Synagogue B'nai Israel at 775-5124.

RUSSIAN/EASTERN ORTHODOX:

For details call Dr. Levitov 780-6540.

MUSLIM, BUDDHIST, OTHER:

For details call 747-5673.

Community

Today

OUTDOOR RECREATION ACTIVITIES: Outdoor recreation has an upcoming ice-fishing trip scheduled for Saturday. Cost is \$15 single, \$25 couple, \$35 family (three or four, \$10 each for extra family members). Departure for these dates will be from outdoor recreation; times will depend on location of trip. Sign up at least one-day prior. Call 747-3688 for more information.

Join outdoor recreation on a ski trip every Saturday until the end of March. The next trips will be to Frost Fire, Jan. 25; Buena Vista, Feb. 1; and Frost Fire, Feb. 8. Sign up at least one-day prior. Call 747-3688 to sign up, and/or for details.

Outdoor recreation has a cross-country ski trip planned for Saturday to Bemidji, Minn. Departure will be 9 a.m. from outdoor recreation, and will return same day, late afternoon. Cost is \$15 per person and \$35 for family up to four (\$10 each additional member). sign up one-day prior by calling 747-3688.

THE CLUB: Come out to the Club tonight from 10 p.m. to 3 a.m. and dance to “Club Mix.”

TEENSUPREME MEETING: Happens every Friday for ages 14 to 18 from 9 to 10 p.m. in Liberty Square Teen Center. For details call the youth center 747-3150.

FRIDAYS AT LIBERTY SQUARE: Open Skating at Liberty Square tonight for ages 6 to 18 from 6 to 10 p.m. The cost is only \$3 for admission and \$2 for skate rental.

The Teen Center at Liberty Square will be open tonight for ages 13 to 18 from 6 to 11 p.m.

Saturday

KARAOKE: Come out to The Club tonight from 10 p.m. to 3 a.m. for karaoke.

YOUTH GALAXY BOWLING
Saturdays at Dakota Lanes for ages 9 to 12 from 6 to 8 p.m. and ages 13 to 15 from 8 to 10 p.m. Cost is \$2.50 an hour and .75 for shoe rental. Need 10 to hold; must sign up at the youth center to attend.

Sunday

SUPER BOWL SUNDAY: Come out to The Club for Super Bowl Sunday. Watch it in the ballroom on the big screen. This event is free to members and guests, \$7 for non-members.

Monday

SPELLING BEE: The youth center will have a spelling bee contest at 5:30 tonight for ages 9 to 12 and at 7:30 p.m. for ages 13 to 18. Contact the youth center for details, 747-3151.

TORCH CLUB MEETING: The youth center holds a meeting every Monday for ages 11 to 13 from 6 to 7 p.m. For details, contact the youth center, 747-3150.

CANDY BINGO: Every Monday for ages 6 to

12 from 5:30 to 6:30 p.m. at the youth center.

Tuesday

TOURNAMENT TUESDAYS: Come by the youth center to participate in Tournament Tuesdays. This activity is for ages 9 to 12 at 5:30 p.m. and 13 to 18 at 7 p.m. every Tuesday. The tournament for today is three on three volleyball.

MUSICAL AUDITIONS: Crimson Creek, a Grand Forks drama and musical organization will hold auditions for the musical productions held in Grand Forks each summer. Last year’s performance of “Jesus Christ Super Star” was one example of their productions. This year’s performance will be “Joseph and His Coat of Many Colors” and “World Goes Round.” Productions are in May, June and August. Audition times will be 6 to 8 p.m. Tuesday and 7 to 9 p.m. Wednesday in the community activity center. For details call 747-6104.

Upcoming

MALL OF AMERICA: Outdoor recreation will drive while you enjoy the ride to the Mall of America Feb. 1. Departure is at 5 a.m. from outdoor recreation and will return late the same evening. Cost is \$20 and includes transportation only. Sign up by close of business today. For details call 747-3688.

HOT SHOT COMPETITION: Come out to the youth center tonight for the “Hot Shot” Competition. Ages 9 to 12 start at 5:30 p.m. and ages 13 to 18 start at 7:30 p.m. Call the youth center at 747-3151 for details.

THREE-ON-THREE: The youth center holds a three-on-three basketball tourney Feb. 1 for ages 9 to 12 at 7 p.m. and ages 13 to 18 at 9 p.m.

SUPER SUNDAY BRUNCH: The Club will have their next Super Sunday Brunch 10:30 a.m. to 1:30 p.m. Feb. 2. Come enjoy two meats, biscuits and gravy, eggs, fruit, waffles, omelets and more.

CROCHET CLASS: Join the skills development center 10 a.m. to 1 p.m. Feb. 3 and 10 for the beginning crochet class. Cost is \$15 plus materials. All classes require pre-payment and pre-registration at the SDC. Call 747-3482 for details.

WINTER BASH 2003: Festivities start Feb. 8 at 9 a.m. with a three-on-three basketball tournament at the sports and fitness center. Enjoy the day’s events and eat a free lunch at The Club from 11 a.m. to 1 p.m. Look for a full schedule in the February Guide and the Services Spotlight Jan. 31.

FESTIVAL DU VOYAGEUR: Join outdoor recreation on their “voyage” to Winnipeg’s French District Feb. 15. You will enjoy dog sled races, food, snow sculptures and more at the Festival du Voyageur. Departure is 8 a.m. from outdoor recreation, and will return at around 10 p.m. same day. Cost is \$15 adults, children under 16, \$10, family of three \$37.50, family of four \$42.50, family of five or more \$50, (family includes two adults 16 & older; additional adults \$10 each). Call 747-3688 to sign up.

Minnesota Twins Winter Caravan

Visit made an impression with base members

By Staff Sgt. Scott T. Sturkol
Public affairs

When I first heard the Minnesota Twins Winter Caravan wanted to come here back in November for a Jan. 15 visit, I really didn't make a big deal out of it since I don't follow the team that closely.

I personally fielded a call from the Twins representative – Andy Price – in November. Apparently he got my name from a local radio station where I've done radio reports for the base in the past.

Andy wanted to make a stop at the base as they'd bypassed it in the past. Not unusual considering what's been going on in the world. Also, the amount of time they wanted to be here was for was less than two hours so who's to say very many people would be interested in them being here? Boy was I wrong!

See, I forgot to tell myself about all the people at this base who are from Minnesota and all the people here who are Twins fans. Enough people, as a matter of fact, that the Twins could probably have their own fan club here.

That realization really hit home as the visit approached. I was receiving phone calls about where they would be, what times they would be in what places, and where was the best opportunity to get autographs or just a chance to get a glimpse of one of the players.

The Twins caravan was scheduled to start their base visit at 9:30 a.m. that morning, however, they were driving in from Winnipeg and had some processing issues at the border. So, they didn't get to the base until about 10:15 a.m. On board with the caravan was **Tony Oliva**, a retired major leaguer who was a member of the 1965 Twins who made the World Series, **Corey Koskie**, Twins third baseman, **Michael Cuddyer**, Twins outfielder, **Dick Bremer**, Twins broadcaster, the Twins mascot and several staff and front office personnel.

Once they were here, we got all the passes taken care of at the main gate – thanks to **Tech. Sgt. David Krebs**, **Staff Sgt. William Graham** and **Senior Airman Brent Aspinwall** of the 319th Security



Photo by Staff Sgt. Scott T. Sturkol

Dave St. Peter, Minnesota Twins president, **Corey Koskie**, Twins third baseman, **Dick Bremer**, Twins television announcer, **Tony Oliva**, former Twins player, **Michael Cuddyer**, Twins outfielder, and the Twins mascot stop for a photo at the base's main gate entrance.

Forces Squadron. From the gate proceeded to our first stop – Twining Elementary and Middle School.

I rode on the bus with the players and most of the staff and had a chance to have some small talk before we got to the school. As we walked into Twining School, I couldn't help but ask Corey Koskie if he'd ever consider playing for the Milwaukee Brewers (my favorite team) like Paul Molitor once did. His reply: "No way!"

I didn't expect anything less from Koskie or the rest of the people there. Their team is fresh off a monstrous season where they won the American League Central Division Championship and they ousted the highly-touted

Oakland Athletics out of the playoffs. Not bad for a team that less than two years ago was considered to be on the chopping block for baseball contraction.

To digress, however, the caravan held about a 25-minute assembly at Twining with Bremer serving as the emcee and Oliva, Cuddyer, and Koskie talking to the students and fielding questions. I think the most excitement had to be with the Twining staff though.

I never saw a bunch of adults go so "gah-gah," if you will, over baseball players visiting their school. However, it was great to see and I hope they had a good time. Ironically enough, one of the caravan staff members – **Jim Kanyusik** – was a dead-ringer for Twining principal **Ken Schill**.

From the school we went through Buildings 101 and 607. In Building 101, **Master Sgt. Jim Stallard** stopped in front of Corey Koskie and exclaimed, "You've got to sign this for my son." **Airman 1st Class Mandy Gauthier** was equally excited to see them and I think she had about five million things signed (slight exaggeration of course).

When we arrived at Building 607 for the last stop,

Maj. Dave Koch, 319th Maintenance Squadron, escorted us through the building. In his staff offices, there were at least 20 people waiting to meet the Twins members. And yes, they all received autographs too. **Tech. Sgt. Samuel O'Donnell**, 319th MXS, even had his photo taken with the mascot.

Overall it was a good visit. A quick visit, but a good one nonetheless. It's possible they will make this base a regular stop on their tour in the future. Hopefully, they'll have more time on their next go-around

and I know the Twins fans here would surely appreciate it.



Photo by Staff Sgt. Scott T. Sturkol

Jim Kanyusik, Twins staff member, holds up a photo of Twining principal **Ken Schill**, which some could consider to be Schill's twin.

Intramural standings

Basketball

Team	W-L
LRS	9-2
OSS	9-3
MSS/CPTS	7-5
AMXS	6-7
CES	6-7
MXS	4-9
SFS	2-10



Bowling

Team	W-L
COMM A	86-34
MXS	82-38
CPTS	75-45
SVS	68-52
MDG	66-54
SUP B	64-56
TRANS B	63-57
AMXS	61-59
CES	56-64
TRANS A	56-64
COMM B	49-71
SUP A	48-72
SFS	38-82

